

## Food Selection Criteria (2.06700)

ER# 2.06700

Authority 2004 7 CFR 246.10(b)

Issued 1/91

Revised 01/15/08

**POLICY:** The State agency shall develop and use selection criteria to determine which foods shall be available through the Missouri WIC Program.

### PROCEDURES:

- A. The state agency will periodically review the food selection criteria to determine if changes, additions, or deletions are needed.
- B. The state agency will conduct a review of all foods currently in use in the Missouri WIC Program, plus review any other foods for which a written request has been received during the scheduled review process.
  1. Application documents with forms will be sent to manufacturers and distributors requesting product information, such as nutrient content, packaging, labeling, price, and availability in Missouri.
  2. Products will not be considered for placement on the Missouri WIC Approved Food List for the specified time period if the manufacturer:
    - a. Fails to respond to the request within the specified time frame.
    - b. Fails to include all of the requested information.
    - c. Fails to use the requested format for submitting information.
  3. Products will be evaluated for use in the Missouri WIC Program based on nutrient content, packaging, container size, labeling, availability to wholesale distributors, cost and participant preference. The State reserves the right to limit the number of foods for the WIC Approved Food List based on:
    - a. Accessibility
    - b. Availability
    - c. Cost of product
    - d. USDA's recommendation
    - e. Increased number of WIC participants
    - f. Change in appropriation in funding
  4. Criteria for specific types of foods include the following:
    - a. Infant juice:
      - i. Contains 30 milligrams of vitamin C per 100 milliliters.
      - ii. 32 ounce bottles acceptable.
      - iii. Single strength infant juice.
      - iv. Plain juice.

- b. Infant cereal
  - i. Contains 45 milligrams of iron per 100 grams of dry cereal.
  - ii. Plain with no fruit or other additives.
  - iii. 8 or 16 ounce box size. No jars.
  
- c. Milk
  - i. Pasteurized, unflavored fluid whole milk, which contains 400 International Units of vitamin D per quart. Gallon containers only.
  - ii. Pasteurized, unflavored fluid skim or lowfat milk (1/2 %, 1%) or reduced fat milk (2%), which contains 400 International Units of vitamin D and 2000 International Units of vitamin A per fluid quart. Gallon containers only.
  - iii. Pasteurized cultured buttermilk, which contains 400 International Units of vitamin D and 2000 International Units of vitamin A per fluid quart. Quart containers only.
  - iv. Evaporated whole milk, which contains 400 International Units of vitamin D per reconstituted quart. 12 ounce cans store brand only.
  - v. Evaporated skim, fat-free or nonfat (< 0.5 gm milk fat per 1 cup) milk, which contains 400 International Units of vitamin D and 2000 International Units of vitamin A per reconstituted quart. 12 ounce cans store brand only.
  - vi. Skim, fat-free or nonfat dry milk (< 0.5 gm milk fat per 1 cup), which contains 400 International Units of vitamin D and 2000 International Units of vitamin A per reconstituted quart. 3 or 8 quart boxes store brand only.
  - vii. Special milk products must meet FDA regulations and will be approved on a case-by-case basis.
  - viii. No organic milk; no milk in glass bottles.
  - ix. Store brands can be the store's own name or brand name carried by the store that was created by the wholesaler, which supplies the store.
  
- e. **Domestic Cheese (pasteurized processed American; Monterey Jack; Colby; natural Cheddar; Mozzarella Part-Skim or whole)**
  - i. Natural, domestic, plain cheeses, block.
  - ii. No sliced cheese except for store brand American cheese.
  - iii. Must be prepackaged in clear wrap so cheese is visible and must be clearly marked with type of cheese, package weight and price.
  - iv. No cheese foods, spreads, products, shredded cheeses, string cheeses, grated cheeses, or deli cheeses. No added flavors (peppers, wine, smoke flavoring, etc.).
  - v. Store brand only.
  - vi. All pre-packaged weights up to amount issued on food instrument.
  - vii. **No individually wrapped sliced cheese.**
  
- f. **Eggs:**
  - i. **Large only**, white, grade A or AA.
  - ii. No low cholesterol, no organic, no brown color, no other specialty eggs.

iii. "Single" dozen packages only.

**g. Breakfast Cereal (ready-to-eat and instant and regular hot cereals):**

- i. Contains at least 28 milligrams of iron per 100 grams of dry cereal.
- ii. Contains 21.2 grams or less of sucrose and other sugars per 100 grams of dry cereal (6.0 grams per ounce).
- iii. No aspartame and/or non-nutritive sweeteners.
- iv. Nationally or non-nationally advertised brands (store brands).
- v. Store brands can be the store's own name or brand name carried by the store that was created by the wholesaler which supplies the store.
- vi. Must meet labeling requirements for making a health claim as a "whole grain food with moderate fat content":
  - a) Contains a minimum of 51% whole grains using dietary fiber as the indicator.
    - Contains at least 5.6 gm of fiber per 100 grams of dry cereal.
  - b) Meet the following criteria for fat and cholesterol content:
    - i. Total Fat --- less than or equal to (6.5 grams per reference amounts customarily consumed per eating occasion (RACC)
    - ii. Saturated Fat --- less than or equal to 1 gram per RACC
    - iii. Trans Fatty Acids --- less than or equal to 0.5 grams per RACC
    - iv. Cholesterol --- less than or equal to 20 milligrams per RACC
    - v. Quantitative information on trans fat must be indicated on the label.
  - c) Must have whole grain as primary ingredient by weight

NOTE: At least half of the cereals authorized on a State agency's food list must have whole grain as the primary ingredient by weight AND meet labeling requirements for making a health claim as a "whole grain food with moderate fat content"

**h. Juice**

- i. Fruit or vegetable juices.
- ii. Contains a minimum of 30 milligrams of vitamin C per 100 milliliters of single strength juice.
- iii. 100% natural, unsweetened.
- iv. No juice drinks, beverages or cocktails.
- v. No added sugars, aspartame or non-nutritive sweeteners.
- vi. No food colors.
- vii. No individual serving size containers/packages.
- viii. Vegetable juice may be regular or lower in sodium.
- ix. Store brands only of fluid juice packaged in 46-ounce cans/plastic bottles and or up to 64-ounce cans/plastic bottles.
- x. Store brands can be the store's own brand or brand name carried by the store that was created by the wholesaler which supplies the store.
- xi. Frozen concentrate juice must be packaged in 11.5 or 12 oz. containers.
- xii. Shelf stable concentrate juices must be packaged in 11.5 ounce.
- xi. No glass bottles or cartons.
- xiii. Only pasteurized juice.

- i. Dried beans and peas, including lentils, black, navy, kidney, garbanzo, soy, pinto, and mung beans, crowder, cow, split and black-eyed peas or a mix of these.**
  - i. Store brand only.
  - ii. One pound bags.
  - iii. No added flavorings or seasonings.
- j. Peanut butter**
  - i. Store brand only.
  - ii. 18 oz. jar only.
  - ii. Regular (no honey, jelly, low fat, low sodium.) Creamy Only
  - iii. No organic
- k. Carrots**
  - i. All brands allowed.
  - iv. One or two pounds of plain fresh carrots including baby carrots or frozen.
  - v. Any cut.
  - iii. No added flavorings, seasonings, no organic.
- l. Tuna**
  - i. All brands are acceptable.
  - ii. Approximately 6-6.5 oz. can.
  - iii. Water packed only, chunk, solid or grated.
  - iv. No low sodium or reduced salt.
  - vi. No albacore.

- C. Manufacturers must contact the WIC State Office at least ninety (90) days prior to distribution to their wholesale distributor of an approved product that has been reformulated or has undergone a packaging or labeling change.
- 1. The changed product will be reviewed to determine if it still meets the selection criteria.
  - 2. If the Missouri WIC Program is not notified within the correct timeframe, the product will be eliminated from the program when it appears in the changed form on store shelves.